



**2010 Palardon g Pambansa
San Jose Recreational Center
Tarlac City
April 11-17, 2010**

GUIDELINES AND GROUND RULES IN ATHLETICS

1. IAAF Rules Will be applied
2. An athlete is allowed to compete three (3) individual events and two (2) relays only
3. A team may enter two (2) athletes only per individual event.
4. Entry form should be prepared by every coach in four (4) copies before attending the Solidarity meeting to be ready for the filling up of athletes' number which will be issued during the solidarity meeting. This form will be submitted to the tournament manager or his duly authorized representative after the Solidarity meeting.
5. All competitors must wear their delegation Identify uniform and assigned athletes' number when reporting at the roll call area and during the competition proper.
6. No coaches or any party identified with an athlete is allowed within the vicinity of the playing area (with the crowd control fence). If the rule will be violated, a warning card is shown to the concerned athlete and coach, and for the second time, the athlete will be out of the competition.
7. Using spikes and starting block is optional.
8. Athlete who will not perform / participate in his entered or qualified events cannot play anymore in his next even.
9. In relays, qualifier can change runners a maximum of two (2).
10. In case of an inclement weather in an event cannot be safely competed, the coaches will be consulted prior to the postponement or cancellation of the schedule by the Technical Management based on the rule of the majority.
11. In case of unfinished finals, due to typhoon, ranking will be based on the result of the time.
12. No points for unplayed events.
13. Start of the game is 6:30 and will end at 10:00. In the afternoon game starts at 3:00.
14. Awarding of medals will be done the next day after the competition has been concluded in coordination with the wards committee. All awardees must be in decent delegation uniform and shoes.
15. The starting height of the bar in high jump and the pole vault will be decided / agreed upon by the coaches during the solidarity meeting.

Are as follows:


EB	=	115
EG	=	110
SG	=	100
SB	=	130
Pole Vault	=	200

16. Selection of most outstanding athletes will be based on the point system. Relay points will be divided into four (4). Record breaker will be given ten (10) points.
17. Other guidelines to serve as ground rules will be agreed upon during the Solidarity Meeting.

Are as follows:

Triple Jump		Take-off Line
EG	=	7, 8, 9
EB	=	7, 8, 9
SG	=	7, 8, 9
SB	=	9, 10, 11


DOMINGO EUGENIO
Tournament Manager


BIENVENIDO CONTARAY
Tournament Secretary